



CONFINED SPACE TRAINING

Course Programme (1.5 Days)

Aim of the Course: To provide a clear understanding of the fundamentals of safe working in Confined Spaces. Delegates will develop knowledge and skills to ensure they become aware of the risks and dangers associated with Confined Space working and will be able to select and use a variety of equipment to ensure the safety of themselves and others.

Objectives:

- To acquire the knowledge and skills required to work safely in confined spaces.
- To be aware of the risks and the legal obligations.
- To demonstrate competence to enter and work in confined spaces.
- To understand the risk control measures needed.

Course content:

- Accident Causation ~ Basic Principles
- Definition of a confined space
- The Confined Spaces Regulations 1997
- Risk assessment and hazard identification
- Hazardous atmospheres and gas monitoring
- Safe systems of work and permits to work
- Roles, responsibilities and Topman duties
- Personal Protective Equipment & Self-Rescue equipment
- Rescue procedures
- Inspection of tripods, winches and fall arrest equipment
- Practical exercises (Isle of Man Fire Station)
- End of course review



A **Certificate of Competence** is awarded to all delegates who attend the course. This Certificate is valid for 3 years.

How do I book a place on the Course?

Courses are delivered either in-house or at various venues throughout the Year. We also offer bespoke training according to the Client's needs. For further details or to book a place on the Course please contact us:

Assessment

This course is assessed by direct observation of a vertical entry into a confined space and also a written test.

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